

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention and Education Program

Issue 57

February 2005

Welcome to the New and Improved Tobacco Tid-Bits!

With a new year comes a new form of Tobacco Tid-Bits, an E-newsletter. This new format is easier to read and will allow us to provide you with more detailed information, photos, links for contacts and for web sites (shown in blue) as well as a table of contents enabling you to navigate the newsletter by simply clicking where you want to go. The newsletter will continue to come out at the end of the month but the date at the top will reflect the following month. We hope you enjoy this new format and feel welcome to send your stories, calendar items and photos by simply clicking on the editors e-mail link provided in every issue. Our deadline is the third Friday of the month. As always, your input in perfecting this new format is invaluable. We will continue to fine-tune it each month according to your feedback and suggestions. [Kimberly Nelson](#), newsletter editor.

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Main Street Convenience Store, Stevenson

Two Stevenson Retailers Make their Convenience Stores Tobacco Free Zones

M.A.S.H., Skamania County's youth tobacco prevention group, worked with two local merchants to become the first retailers in the state to make their parking lots tobacco free. Main Street Convenience Store in Stevenson and A & J Select Market, which is located next door, erected their "Tobacco Free Zone" signs during the Great American Smokeout last November. Main Street store manager, Bill Dolan said he wished he had done it a long time ago. They had lots of problems with high school students smoking in front of the store. "The sign cleared all that up," said Dolan "plus it cut way back on the outdoor sweeping." He felt the change was so positive he just installed a second sign and encourages other retailers to do the same. For more information about how to make your property or business smoke-free, contact [Theresa Cross](#) at the Clark County Health Department, 360.397.8215 x3178.

Looking for Restaurants to add to the 2005 Guide to Smoke-free Dining in Southwest Washington

If you know of a restaurant that is smoke-free but not listed in the most recent issue (2003) of the *Guide to Smoke-free Dining in Southwest Washington* let us know so we can get it in the 2005 edition. On a related note, the Secondhand Smoke Task Force began sending packets to new restaurant owners about the advantages of opening and operating a smoke-free restaurant in the last quarter of 2004. Since September, 45 packets have been sent and of those, 39 or 87% went to smoke-free restaurants. The other 6 were all taverns, bars and pubs. If you know of a smoke-free restaurant not listed in the 2003 Guide, contact: [Theresa Cross](#), Health Educator with the Tobacco Prevention and Education Program. For the state definition of a smoke-free restaurant click [here](#).

Skamania Minors Ticketed for Tobacco Possession Complete Intervention Class

Law enforcement officers have begun actively ticketing minors for tobacco possession in Skamania County. The first two students cited for tobacco possession have already completed the brand new, two-hour Tobacco Intervention Program class. The class is a cooperative venture between Skamania County Events and Recreation, Stevenson High School, and Skamania County Juvenile Department. For more information or a class schedule contact [Angie Hollis](#) 509.427.9462 or [Cheryl Adams](#) 509.427.9478.



Skamania County Continues Efforts to Promote the Quit Line to Residents

The Tobacco Free Coalition of Skamania County is determined to get the word out about the Tobacco Quit Line. They are sponsoring a full page Quit Line ad in the widely distributed Skamania County Community Events and Recreation Winter 2005 program. In addition, a Quit Line banner hangs on the fence outside the Stevenson Swimming Pool building and on the side of the Skamania Health Department - Skamania Counseling Center building. It doesn't end

there. The Coalition has also enlisted the help of convenience stores to spread the word about the Quit Line to their tobacco using customers. They distributed matches with the Quit Line phone number and message "Hard, Yes. Impossible, No" to 14 stores in November in conjunction with Great American Smokeout.



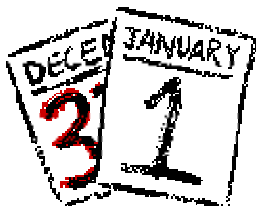
Stevenson Swimming Pool Building

Campaign Launched to Call Attention to and Educate the Public About the Dangers of Secondhand Smoke

The American Legacy Foundation and the Ad Council launched a new public service announcement campaign on January 11 "to educate Americans and especially parents about the dangers of secondhand smoke and motivate them to take steps to create smoke-free environments for their families." The tag line is "Don't Pass Gas. Take It Outside." The launch coincides with new Foundation research that demonstrates that more than 13 million American children are breathing secondhand smoke in their homes - resulting in serious public health implications. The ads can be viewed at www.dontpassgas.org

Keep Those New Year's Resolutions with the Help of the Quit Line

There is help for those *stop smoking* New Year's resolutions! If you know a potential Quit Line caller who may be feeling a little reluctant, they should be encouraged to first visit the website www.quitline.com. It will show them what to expect when they call and help them to feel more comfortable when speaking with a Quit Line counselor. They should also know that all Quit Line counselors are former smokers who can help with cravings, urges, and stresses. And they can call the Quit Line as often as they want. Family members who want to support a loved-one in their quit attempt can also call the Quit Line for help and suggestions.





Kick Butts Day 2005!

Mark your calendars and start planning for the upcoming Kick Butts Day - April 13, 2005. You will find lots of planning ideas by logging on to www.kickbuttsday.org to request your free KBD activity guide. This year's activity guide features some familiar faces - BREATHE members and former Western Regional Advocate of the Year winners Sarah Yamin and BreAnna Dupuis.

New Study Indicates Secondhand Smoke Exposure Harms Children's Intellectual Development

An alarming new study demonstrates a strong negative relationship between children's exposure to secondhand smoke and their performance on tests measuring reading, math and reasoning skills. Researchers at Cincinnati Children's Hospital Medical Center in Ohio found that children's cognitive ability was negatively impacted even at extremely low levels of exposure to secondhand smoke, even after other possible explanations such as poverty and parent education were controlled for. Children exposed to the least amount of secondhand smoke scored an average of seven points higher in standardized math and reading tests, compared to children exposed to high levels of smoke. Children with the lowest environmental tobacco exposure also scored better on two types of reasoning tests. "These disturbing findings add to the already long list of health harms caused by secondhand smoke to non-smokers of all ages," said Matthew Barry, Senior Policy Analyst [Campaign for Tobacco Free Kids](#). "The study's clear message to parents is that children must be protected from secondhand smoke both at home and in public places. Its clear message to state and local policy makers is that they should enact comprehensive smoke-free policies that cover all workplaces and public places in order to protect everyone's right to breath clean air and help prevent the myriad health problems associated with secondhand smoke." [January 2005 issue of the Environmental Health Perspectives](#)

Medicare Will Help Beneficiaries Quit Smoking

Beginning in 2006, the Centers for Medicare & Medicaid Services (CMS) will allow certain Medicare beneficiaries who smoke to receive counseling services that will help them quit the habit. "We're building on our efforts to help America's seniors help themselves to quit smoking and live longer," Health and Human Services Secretary Tommy G. Thompson said. The new coverage will be available to Medicare beneficiaries who have illnesses caused or complicated by smoking. These include heart disease, stroke, lung cancer, emphysema, weak bones, blood clots and cataracts, which together account for the bulk of Medicare spending. Medicare will also cover counseling services for beneficiaries who take any of the drugs whose effectiveness can be compromised by the use of tobacco. These medications include insulin and drugs for high blood pressure, seizures and depression. The proposed new coverage policy is available for review at the [CMS coverage website](#).

Pregnant Smokers Risk Diabetes

Women who smoke during pregnancy seem to raise their risk of developing gestational diabetes. Researchers led by Lucinda J. England of the National Institute of Child Health and Human Development looked at data on 4,500 pregnant women and found that average blood-glucose levels were highest among current smokers and lowest among those who had quit or never smoked. About 4.4% of women who smoked contracted gestational diabetes, compared to 1.8 % of those who had never smoked. The researchers suggested that nearly half of all gestational diabetes cases could potentially be attributed to tobacco exposure. The study appears in the [Dec. 15, 2004 issue of the American Journal of Epidemiology](#).

Opportunity to Get a Free Tobacco 101 CD

If you are new to tobacco prevention and control or just want to refresh your knowledge, take advantage of this opportunity to get the free CD "Tobacco 101," an orientation of the basics of tobacco prevention and control. You can get the CD by logging onto the [Tobacco Technical Assistance Consortium](#) (TTAC). TTAC provides technical assistance in tobacco prevention and control at a national level. In addition to the basics of tobacco, you will find other helpful CDs on this website.

New Tobacco Fact Clipboard at Your Fingertips

This may be the only tobacco facts source you will ever need! The American Legacy Foundation has compiled a wide range of tobacco, smoking, and health-related facts in a single, easy to use database. The research comes from government reports and other reputable published sources. These facts, along with their sources, are organized by category into a single database which is located on the Internet with free access to the public. It is searchable by category or keyword. Users can also select facts from several categories, including "Tobacco Related Death and Disease" and "Youth and Tobacco." Users can select facts to add to a "clipboard," from which the facts can be downloaded and printed in Portable Document Format (PDF) or e-mailed to another person. All facts are accompanied by sources so users can verify accuracy. Most sources are hyperlinked, allowing users to directly locate the source document. Facts are updated on a regular basis, making information current and relevant. The Tobacco Fact Clipboard is a great resource for people of all levels of expertise in tobacco and health-related fields, especially activists, youth, and those new to tobacco control. Find it on the web at www.americanlegacy.org/factclipboard.



Training Opportunities

Strategies and Tools for Successful Media Outreach

2/09 Goals: *This interactive workshop will discuss comprehensive media relations strategies on "how to" effectively secure media coverage from various media organizations. Open to interested tobacco prevention advocates. Olympia*

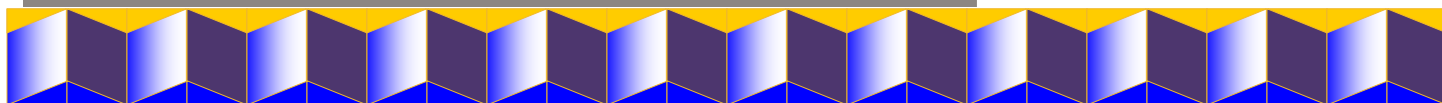
Motivational Interviewing and Stages of Change

2/25 Goals: *This client-centered, empathic but directive interaction was designed to explore and reduce the ambivalence inherent in persons presenting for substance abuse treatment. Open to interested tobacco prevention advocates. Vancouver*

Registration and detailed information: www.tobaccoprc.org or 206.447.1755

Newsletter Contacts:

- [Editor, Kimberly Nelson](#)
- [Tobacco Free Coalition of Clark County](#)
- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Health Department Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)



Calendar of Events

- 2/2** **Regional Contractor's meeting**, 9:00-3:00 PM. ESD 112, Contact: [Deb Drandoff](#) ESD 112, 360.750.7500 x303
- 2/04** **Secondhand Smoke Task Force** meeting, 1:30-3:00 PM, Clark County Health Department, Garden Conference room. Contact: [Theresa Cross](#), 360.397.8215 x3178.
- 2/08** **Tobacco Free Coalition of Clark County** meeting, 2:30-4:30 PM, Southwest Washington Medical Center, Memorial Campus, Fir and Willow rooms. Contact: [James Lanz](#), 360.397.8416.
- 2/09** **Strategies and Tools for Successful Media Outreach** training, 9:30-3:00 PM, Olympia ESD 113. Registration Deadline February 2. Register: [Tobacco Prevention Resource Center](#)
- 2/23** **TATU training**, 8 AM - 1:15 PM, ESD 112. Contact: [James Lanz](#), 360.397.8416
- 2/25** **Motivational Interviewing and Stages of Change** training, 8:30 AM - 4:30 PM, ESD 112. Register: [Tobacco Prevention Resource Center](#)
- 3/2** **TATU training**, 8 AM - 1:15 PM, ESD 112. Contact: [Theresa Cross](#), 360.397.8215 x3178.

Please let us know about your upcoming tobacco-related events so we can post them here